

Vol. 9 Feb. 2015

"Making a visionary leader out of you"

HARMONY



BHARATI VIDYAPEETH DEEMED UNIVERSITY
INSTITUTE OF MANAGEMENT & RESEARCH, NEW DELHI
An ISO 9001 : 2008 & 14001 : 2008 Certified Institute



“A Little More”

*Read but write more,
Talk but think more,
Play but study more,
I promise you will succeed for sure.*

*Eat but chew more,
Weep but laugh more,
Cry but smile more,
I promise you will be healthy for sure.*

*Hate but love more,
Order but obey more,
I promise people will love you for sure.*

*Punish but forgive more,
Spend but save more,
I promise people will respect you for sure.*



*Composed By :-
Mohit Arora (MBA – 1st Year)*

INTRODUCING THE LOGO OF BVIMR'S ANNUAL MAGAZINE - HARMONY



YIN AND YANG'S RELATION WITH HARMONY

In Chinese mythology yin and yang were born from chaos when the universe was first created and they are believed to exist in harmony at the centre of the Earth. The yin and yang are an important element of Chinese philosophy and religion, representing the principle that all things exist as inseparable and contradictory opposites, the correct balance of which creates harmony. They are mutually dependent and contain at their core an element of their opposite, represented by the dots. The purpose of imbuing it in our magazine harmony is to relate the various energies prevailing in the form of unique talents, skills, trends and culture in the college. It's aim is to channelize the energies of the students and create **Harmony** in form of a magazine.



Dr. Patangrao Kadam
Founder
Bharati Vidyapeeth
Chancellor
Bharati Vidyapeeth Deemed University, Pune



Dr. Shivajirao Kadam
Vice-Chancellor
Bharati Vidyapeeth Deemed University, Pune



Dr. Vishwajeet Kadam
Secretary
Bharati Vidyapeeth, Pune

*"Thank you for nurturing our dreams
with knowledge, vision and care, we
promise to blossom"*

From THE STUDENTS OF BVIMR



HARMONY

ANNUAL MAGAZINE OF BHARATI VIDYAPEETH DEEMED UNIVERSITY
INSTITUTE OF MANAGEMENT AND RESEARCH
New Delhi

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Message from the Founder



Dr. Patangrao Kadam

Founder - Bharati Vidyapeeth

Chancellor – Bharati Vidyapeeth Deemed University, Pune

We continually face challenges in life - how we view them defines us, We at BVDU, choose to see challenges as stepping stones & opportunities that we have encountered along the way for us to use to "step on" so that we can achieve more, develop further and ultimately actualize more of our goals!

The new skills and competencies have become a key element in ensuring quality in the process and product alike. Therefore, to cope with the modern challenges, the development of students and staff at every level and at frequent intervals is imperative.

The stepping stones are here. Our results attest to this, our work ethic confirms this and our vision underpins this.

A handwritten signature in black ink, which appears to read 'Dr. Patangrao Kadam'. The signature is written in a cursive style and is positioned above the printed name.

Dr. Patangrao Kadam

Message from the Vice Chancellor



Dr. Shivajirao Kadam

Vice-Chancellor

Bharati Vidyapeeth Deemed University, Pune

***"Some are born great, some achieve greatness and
some have greatness thrust upon them."***

William Shakespeare

His words resonate with me personally. As a teacher I appreciate the premise that an individual's cumulative actions can result in a fantastic end product. We have taken action and we have done it so collectively and I can only pay compliment to the outcome.

We are all destined to make choices and those choices do largely control our actions. I am most fortunate that Bharati Vidyapeeth Deemed University is filled with so many motivated people who make positive choices, which ultimately lead to so many meaningful and productive outcomes.

A handwritten signature in black ink, consisting of a stylized 'W' followed by a horizontal line that ends in an arrowhead pointing to the right.

Dr. Shivajirao Kadam

Message from the Secretary



Dr. Vishwajeet Kadam

Secretary

Bharati Vidyapeeth, Pune

We have accomplished a great deal - we identified our goals, set aside time to achieve them. Our work ethic and achievements are solid - they are the collective results of each and every one. We aim to hone the academic skills, fine-tune the aesthetic senses and work towards building a Holistic culture that values the individuality of each student, helping them realize their innate potential. Students are encouraged to explore and revel in the joy of learning. At Bharati Vidyapeeth Deemed University, each student is guided through an individualized work plan in consonance with his/her potential, thereby providing a complete learning experience.



Dr. Vishwajeet Kadam

Message from the Director



Dr. Vikas Nath
Director (In-Charge)
BVIMR, New Delhi

At BVIMR we opine that when students are groomed to become leaders they contribute to make a difference to their organizations and to the world around them. We are committed to strengthening this status by building upon ritual and cheering innovation, chiefly by ensuring the professional success of our students. Whichever path they follow, they will reap benefit from an education that combines intellectual rigour with a practical orientation, to allow them to make a beneficial impact on our world.

The future embraces an incredible assurance for the Institute. We foresee being acknowledged as one of the premier management schools worldwide.

A handwritten signature in black ink, appearing to read 'Vikas Nath', with a horizontal line underneath.

Dr. Vikas Nath

Editorial Message



Dr. Anjali Sharma
Assistant Professor
Editor, Harmony Magazine
BVIMR, New Delhi

"Everything you can imagine is real."

Pablo Picasso

HARMONY is indeed a spell binding expression of creativity by the students of BVIMR. The current edition commences with the interviews of eminent personas like Mr. Manish Arora(A Fashion Designer), Mr. Vinod Narayan Mathur(A Spiritual Healer,Counsellor), Mr. Karan Wahi (An Actor), Ms. Mugdha Godse (Model, Actress), Mr. Nikhil Chinapa(VJ, RJ & a Presenter on MTV), giving flavours from different spheres of life.

Ensuing Interviews, the magazine then contemplates on articles reflecting themes of women empowerment complemented with views of Mrs. Mamta Sharma(Ex chairperson, National Commission of Women), What young must possess to become SKILLED, How to survive without money, Life as we may know it, People who shaped their dreams into reality, Malcom Gladwell's genre of writing, What a manager can learn from a soldier, How websites can equip you with varied skills, Foreign language puzzles, Learning time management from Mark Zuckerberg, How your signatures can reveal your personality, 25 things to know before you are 25 and finally, winding up with Brain teasers.

I hope HARMONY 2015 will convey a beautiful meaning to your reading!!!

Have a corking good time!!!

A handwritten signature in black ink, appearing to read 'A. Sharma'.

Dr. Anjali Sharma

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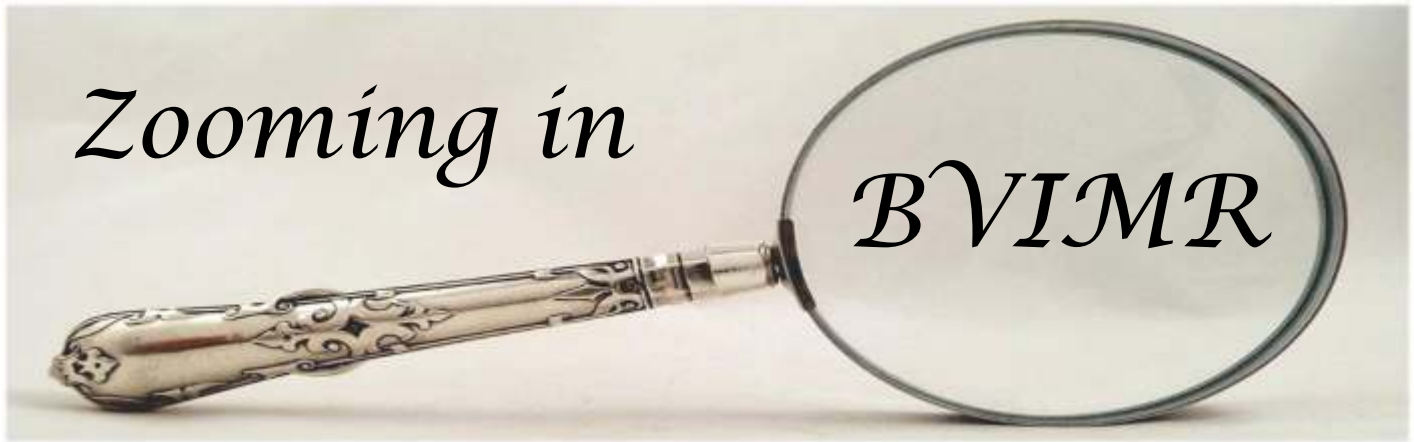
Mr. Kamal Sehrawat for arranging comments from Mrs. Mamta Sharma, Ex Chairperson, National Commission for Women (NCW)



Mr. Pranav Chawla for arranging interviews with Mr. Nikhil Chinapa and Ms. Mugdha Godse

BV9MR Snapshot





MAKING A VISIONARY LEADER OUT OF YOU

ABOUT BHARATI VIDYAPEETH

Bharati Vidyapeeth, the parent body of Bharati Vidyapeeth Deemed University - Pune, was established in May, 1964. During the last 50 years, Bharati Vidyapeeth has made astonishing strides in the field of education, particularly, higher and professional education. Today Bharati Vidyapeeth conducts more than 182 educational units of various kinds right from pre-primary schools to postgraduate institutions. This spellbind attainment has been possible due to the sagacious leadership of Hon'ble Dr. Patangrao kadam .

ABOUT BHARATI VIDYAPEETH UNIVERSITY

The Govt. of India granted the status of "Deemed University" to a pack of 12 institutions of Bharati Vidyapeeth on 26th April, 1996. Bharati Vidyapeeth Deemed University (BVDU) has emerged as a global university. It is one of the few Universities which has under its umbrella diverse disciplines such as Management, Medicine, Law, Engineering, Science, Arts, Commerce, Pharmacy, Architecture and Social Work. The Association of Indian Universities has positioned it in the bracket of ten best universities in India and India Today has ranked it as one of the top 50 Universities in India. BVDU today brags of a state-of-the-art infrastructure, sprawling campuses, extensive teaching and learning facilities, library and research facilities.

ABOUT BVIMR

A '4' acres oasis in West Delhi - Bharati Vidyapeeth University Institute of Management & Research (BVIMR) was established in 1992, the institute has since then built world-class infrastructure, highly accomplished faculty and motivated students to emerge as one of the premier institutes for management education and Information Technology and Research programs. The team led by Dr. Vikas Nath could attain the success under the able guidance of the Founder Hon'ble Dr. Patangraoji Kadam, Vice Chancellor Dr. Shivajiraoji Kadam and Secretary Dr. Vishwajeet Kadam. At BVIMR, the students, faculty and management share team oriented common goals that are intellectually stimulating. BVIMR brings together gallant ideas to the table and the people who can affect change.

Salient features of **BVIMR**

NATIONAL AND INTERNATIONAL TIE-UPS

- British Council
- All India Management Association
- Delhi Management Association
- HRD Network and Delhi Productivity Council
- Indian Society of Technical Education
 - Computer Society of India
- Association of Management Development Institute in South Asia (AMDISA)

UNIQUE FEATURES

- Auditorium • Amphitheatre
- Hostel • Sports Facilities
- Medical facility • In-house Banking
- Architecture and Location
- Knowledge Resource Center
- Information Resource Center
- Health & Music Club

INDUSTRY

BVIMR has 39 MOU's/LOUs signed with companies for mutual cooperation in area of placement, summer training, MDP's, Live projects, Guests lecture etc.

- Café Cofee Day
- Daikin Airconditioning (India) Pvt. Ltd.
- Koutons Retail India Pvt. Ltd.

INNOVATIVE PRACTICES IN BVIMR

- PEDC (Personality & Entrepreneurial Development Club)
- CCEE (Certificate Course of Excellent Executive)
- Mentoring
- ICICI Bank E-Learning modules
- E-Business quiz & E-Foreign Language Quiz
- Cyber Security & SPSS
- Foreign Language

ACHIEVEMENTS OF BVIMR



Publications

HARMONY

Harmony is a student driven annual magazine by BVIMR, which aims to bring together the novel & gallant ideas of the budding managers.

BVIMR MANAGEMENT EDGE

It is a Bi-Annual publication dedicated to the advancement of academic research and management practice. It has been accepted by more than 100 business schools under Subscription / Exchange Scheme. The journal is also listed on EBSCO database.

PUBLISHED PAPERS

The faculty members of BVIMR have more than 270 published papers to their credit. They also have brought out 12 books on various management subjects.

BVIMR MIRROR

It is a quarterly in house news letter. It publishes the events and activities of various departments of BVIMR. It is a reflection of BVIMR's commitment towards its vision.



CRC (Corporate Resource Centre)

BVIMR Corporate Resource Center

Bharati Vidyapeeth University Institute of Management and Research has a well-established Corporate Resource Center. It is also called IIPC (Industry Institute Partnership Cell), which facilitates the students in their career development. It gives the necessary guidelines to the students to decide the career paths by counseling, guiding, motivating and mentoring them. The Corporate Resource Center is headed by a competent individual having 17 years of combined industry and academic experience and supported by two faculty members and one supporting staff member and core team of volunteer students . Apart from active team, CRC has a committee including all Deans, HOD's and class coordinators which meets fortnightly and discuss placement agenda and issues under the able guidance of Director of the Institute.

OUR PRESTIGIOUS RECRUITORS



SOCIAL CLUB OF BVIMR

BVIMR is deeply concerned with the people's welfare and the environment in which they live. To meet this end, BVIMR conducts a number of social activities round the year for the welfare of people and to keep the environment safe. The activities are: Joy of Giving week, National Girl Child Day, Blood Donation Camps, Free Eye Checkup Camps, International Literacy Day, International Youth Day, etc.

These events are organized by the collective efforts of the members of the faculty and the students at BVIMR. These activities showcase the institute's concern for the society and its environment.

A VISIT TO THE EARTH SAVIOUR'S FOUNDATION (DECEMBER 7TH, 2014)



All the proceeds of the collection were donated to the EARTH SAVIOUR FOUNDATION founded by a renowned social worker " Mr.Ravi Kalra". The team went to the NGO which is located near Gurgaon border and spend quality time with the people staying there.

The team distributed the things collected to various needy people who have been abandoned by their families due to various reasons and are now staying with the NGO. They shared their stories with the team and we tried to share some happiness with them. The team also stayed during there lunch time and served them lunch with lots of love and compassion. It was indeed a memorable experience and had a long lasting impression on all of us. We strive to visit them on regular basis to help them whenever and wherever possible.

JOY OF GIVING WEEK 2014

(September 22nd to September 29th 2014)

(DAAN-UTSAV)



DaanUtsav (earlier called the Joy of Giving Week) is India's "festival of giving"! Launched in 2009, the festival is celebrated every year, in the week including Gandhi Jayanti, i.e., October 2-8, and brings together Indians from all walks of life, to celebrate "giving".

From auto drivers to CEOs, school children to celebrities, homemakers to opinion leaders, millions of people give their time, money, resources or skills back to society- by creating or participating in "events" of their choice. A giving event could be as simple as a family taking out the maid's children for an ice-cream party, or as large as Gift Compassion that had 10,000+ school children across India making and exchanging gifts with their peers from different socio-economic backgrounds.

Events are organised by individuals, social groups, schools, colleges, NGOs,



Pearls of Wisdom

मित्र वह है जो आपके अतीत को समझता है,
आपके भविष्य में विश्वास रखता हो,
और आप जैसे हैं वैसे ही आपको स्वीकार करता हो।

A friend is one, who understands your past
The one who believes in your future
And accepts you the way you are.

बाग में मुरझाने की दहशत में है हर फूल,
फिर भी बगीचे में फूलों को हँसता देखा
बादलों से घिरने के बाद भी चाँद को चमकते देखा।

Every flower in the garden is in the fear
to wither away.
Yet the flowers were found smiling in the garden.
Saw the moon shining even after getting
surrounded by the clouds.



Dr. Anil Kumar Srivastav
Associate professor, BVIMR

Harmony Interviews....



"Fashion was always on my mind. I was always sure about what I wanted to be and do in life."

Mr. Manish Arora

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"If my talking to people can bring a change in their lives then it is always worth it."

Mr. Vinod Narayan Mathur

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"Cricket will always be my first love."

Mr. Karan Wahi

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"Be smart, work hard."

Ms. Mugdha Godse

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"Do what you love doing, it will always keep you happy."

Mr. Nikhil Chinapa

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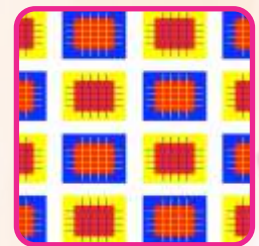
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"Fashion was always on my mind. I was always sure about whated I want to be and do in life."

Mr. Manish Arora is one of the most sought after contemporary designers of the world, who exhibits harmony on contemporary with traditional Indian designs through his collection..... An Interview

Harmony: When did you come to know that you wanted to be a fashion designer?

Mr. Arora: Fashion was always on my mind. I was always sure about what I wanted to be and do in life. Giving a NIFT exam was an assurance of what I was choosing for myself. Fashion is about creating a story and everything needs to work together, no matter how many references you may be working with. I love the power of clothing and the transformative quality of dressing up.



Harmony: Are you self taught or did you study fashion design?

Mr. Arora: I did go to a fashion school (NIFT, New Delhi) but that was not enough. The journey is a far much Better teacher.



Harmony: How has your work evolved since you began your own label?

Mr. Arora: Well, my clothes today have become much wearable and more commercial.



Harmony: What is it like being in the industry?

Mr. Arora: The only feeling that keeps me going is the fact that I do what I wish to do and not decide things as per the masses. Also, I think people assume that this industry is filled with a lot of over-privileged people playing dress up and buying expensive clothing. That's definitely not the case. One of the things I value most about this industry is that everyone works long hours and is really talented at what they do. If you put in the work, people in this business notice and appreciate it.



Harmony: What inspires you to do your collections? Do you always have an idea in mind, or do you just wake up with one?

Mr. Arora: I travel a lot. Small things around me, inspire me. What is created is always a part of my experience and surroundings.

Harmony: What do you think about Indian fashion in general? Do you think people here are interested in fashion?

Mr. Arora: Indian fashion is vast and different. People here love to ornate themselves with clothes and flash them. However, I do not serve that purpose in particular but it's a good feeling that people in India have eventually started to break their bubble and experiment with their clothing sagacity as to which I deliver quite well.

Harmony: You are a global brand - how do you accommodate the needs of women all over the world who might have different fashion sensibilities?

Mr. Arora: As I told you, I create what I want to and not what people want. I have managed to create my own market and pull the right kind of people who want to wear my clothes.

Harmony: How would you describe your personal fashion style?

Mr. Arora: For my personal style, I like to keep it classic and eternal. Black is a favourite on me.



Harmony: What is the biggest lesson that you have learnt since you started your company?

Mr. Arora: Have a vision for everything and never let anything stop it.

Harmony: What advice would you give to young designers?

Mr. Arora: Keep it Original. I have learnt that as a fashion designer you depend on many people to make things happen so you need to assemble a great team of people to do things well. You have to be savvy and not just think it's only about design. To be successful you also have to know about money, public relations, management, production, real estate and so forth, study them yourself and ask people for advice on these things.

Harmony: If IMA could have any celebrity spokes model, who would it be and why?

Mr. Arora: Katy Perry for sure, as with her clothing sense and an urge for fashion blends, she can carry off my clothes with panache.

Harmony: What's next for you professionally?

Mr. Arora: Well I am working on my AW15-16 collection for Paris Fashion week and my AW15-16 collection for India fashion week. Also, lots of interesting collaborations, which are still in progress.



“If my talking to people can bring a change in their lives then it is always worth it.”



Besides being a buoyant entrepreneur, Mr. Vinod Narayan Mathur is a connoisseur in physiognomy, spiritual healing & counselling.

An Interview...

***Harmony:** How and when did you get into the spiritual side of living? Can you share some stepping stones which helped build the foundation to your path?*

***Mr. Mathur:** It came as a blessing from my father as he was an avid palmist and people were always drawn towards him owing to his accuracy. He always shared this knowledge with me. Along with this, I had a keen interest in physiognomy and was inclined towards spirituality too, with so many people pouring in, I utilised this cognition for counselling. If my talking to people could bring a change in their lives then it is always worth it. I owe this to my beloved father, nurturing mother and wife (Seema) for their throughgoing support.*

***Harmony:** What according to you is “Spiritual Enlightenment”? How can we practice it in our daily lives?*

***Mr. Mathur:** Spiritual Enlightenment is diving in your own self and unravelling the reason of your being. It is a ritual which makes you aware of yourself, which part of your brain is active, your potentials and your instincts. All this helps you to become a better individual and successful in life. So to speak, it is a unity of Mind, Heart and Soul towards peace and feeling of contentment. There are varied ways in which Spiritual Enlightenment can be practiced, some practice it by meditation, some by reading and some by getting connected to the nature.*

Harmony: What is the meaning of life and how to feel completely fulfilled and happy?

Mr. Mathur: Life is a singular journey and the meaning of it may vary from person to person. For me, life is living in harmony with the environment and achieving this harmony leads to a happy and fulfilled life.

Harmony: How can meditation play a vital role in balancing our mind and thoughts?

Mr. Mathur: Meditation helps us calm ourselves on the outside which helps us take a walk inside. When you introspect, you get connected to your inner self and you discover what you are missing because on the outside you are always wearing a mask of pretence to make yourself likeable but what is on the inside is the True You. Spirituality is an awareness which can come only in silence and meditation is the means to achieve it.

Harmony: What is your biggest learning from Gita?

Mr. Mathur: Gita helps us to learn to accept and live with the flow of universe. The major cause of dissatisfaction and unrest in life is often identified due to non-acceptance. Connecting with and accepting God's will and being content with life is what Gita preaches.

Harmony: Is having hope for the future a help to us or a hindrance?

Mr. Mathur: "Hope is the thing with feathers that perches in the soul and sings the tune without the words and never stops at all", As quoted by Emily Dickinson.

Hope is strength that comes from within or outside in form of a social stigma.

Harmony: *What advice would you like to give to the readers looking to live an empowered life and achieve their own levels of success?*

Mr. Mathur: *There is no mantra to success, accept your pains and pleasures equally, accept the duality of nature and accept that life is not all about the way you conceive it. The hardships you face and the pain you endure is all to achieve a better version of you. Some lessons in life are meant to be learnt through pain also and those who accept their situations gracefully, work their way out of it to success.*

Harmony: *What would you recommend as a quick fix to anger?*

Mr. Mathur: *Anger is also a result of non-acceptance of one's circumstances and life. Accepting and enjoying whatever life has to offer is a remedy to anger.*



Harmony: What according to you is the key to happiness?

Mr. Mathur: Every individual has a memory bank, which is a store of all positive as well as negative memories that relate to his life. If an individual has a habit of reminiscing only the negative times, it would automatically translate into a negative mind set but if in a situation, one recalls the good and happy moments, it helps him realize how blessed his life actually is.



There happened to be a very poor man, living in a small cottage in a village. Once a sage visited him and asked for food, the poor man having difficulty making both ends meet, offered all he had. While eating, the sage noticed a stone at the back of his house and asked for it. When he rubbed the stone with an iron rod, it became of gold! The poor had never realized that he had a 'paras pathar'.

The crux of the story is that many a times we donot realize our potentials and talents, which may deny us the success we are capable of. Spirituality helps us come closer to ourselves and our inner being.



“Cricket will always be my first love.”

An Interview with Mr. Karan Wahli

Birthday - 9 June 1986

Sun sign - Gemini

Profession - Actor

Hometown - New Delhi

School/college - St. Mark's School, Meera Bagh / IILM Institute for Higher Education in Delhi and Delhi University

Current city - Bombay

Harmony: What has been the highest point of your life?

Mr. Karan: The highest point in my life was when I came to Bombay. The last 10 and half years have been really good. After my 18th birthday I started working with remix and ventured into something I hadn't thought about and from there my career took off.

Harmony: What has been the lowest point of your life?

Mr. Karan: I have been blessed enough that there hasn't been any low point in my life so far and I hope that I will be blessed enough in my future as well.

Harmony: What makes your day?

Mr. Karan: My friends. I have a lot of friends and spending quality time with them makes my day.

Harmony: What spoils your day?

Mr. Karan: Ummm. A bad hair day spoils my day. I hate it when I can't set my hair right.

Harmony: Street treats you like?

Mr. Karan: In Delhi there are lots of things. I have lived here half of my life. Delhi food is insane. It can be from road side chicken tikka to butter chicken to shaurmas at NSP to probably khaan chacha's roll to chola bhaturaas. You name it and Delhi has it. It is too hard to name one.

Harmony: What's your take on good health?

Mr. Karan: It's very important to be healthy. Being healthy doesn't mean having 6 pack abs. Lot of people confuse it with that. Being healthy is having a healthy lifestyle. Physical exercise is important but one should not over do it, as excess of everything is harmful. Like people love chocolate but access of that too is harmful. We should know where to draw the line.

Harmony: Which is your favourite sport?

Mr. Karan: I love cricket. I have been a cricketer all my life. If I wouldn't have been an actor, I would have definitely been a cricketer. I left cricket after I got injured. I have played for the Delhi team. So, yes I enjoy playing and watching cricket and soccer.

Harmony: One gadget you love?

Mr. Karan: It has to be my phone. I am always on my phone.

Harmony: Five things you can't do without?

Mr. Karan: My phone, wallet, mirror in the house. I can't live without a mirror. If was alone somewhere I would take the mirror along and look at myself all the time, my friends - I can't do without them and cars.

Harmony: What would be the craziest thing a fan has ever done for you?

Mr. Karan: There have been quite a few but then off late one girl has got a star named after me. There's actually a star in the sky named Karan Wahi now. I think its crazy enough.

Harmony: The best place to escape the paparazzi.

Mr. Karan: Stay inside your house. Don't come out at all.

Harmony: What is the difference between being in front of the camera and behind it?

Mr. Karan: In front of the camera you can't have any excuses like you haven't slept well, you are tired or you are not well. I think that's the most difficult part of being an actor. Sometimes on screen you look a little tired and we easily comment that he/she is not at all looking fresh but we don't get that the person has been working for 70 hours without a stop. Off camera you can look as bad as you want but on camera you don't have an option. That's the only difference. Off camera you can be yourself.

Harmony: If you weren't an actor, you would have been...

Mr. Karan: I would have definitely been a cricketer if I wouldn't have been an actor. Cricket is my first love. Even today I hold it close to my heart and always will.

Harmony: From cricket to business to acting, I'm sure it's been quite a fun ride. How has your journey been so far?

Mr. Karan: It's been quite an exciting and learning experience. I have played cricket most of my life, though I haven't been a part of business to that extent. Like every father wants his son to join his business, my father wanted that as well. I had worked for a month with him when I was in IITM and then I jumped into acting and acting has been a part of my life as I was a member in the dramatics society but I never thought that I would take it as a career. So all in all it's been a very enriching experience. I have learnt a lot.

Harmony: You yourself have studied management. Do you use any management lessons in your daily life and work? If yes, what would it be?

Mr. Karan: Not really! I'm a very instinctive guy. Management is all about planning and focusing and follow a process. I'm too spontaneous.

Harmony: Mantra for success?

Mr. Karan: One should work hard. Success or failure is the two sides of the same coin. Till the time I think I have given my 100% I'm happy. Success and failure matter to a certain extent. If you think you have given your best shot and you couldn't have done better and things don't turn your way then you should not worry too much. That's what I believe.

Harmony: If you could be an editor of a magazine who would you put on the cover of your magazine

Mr. Karan: I would put myself on it. I haven't been on the cover for a while now. It's high time that I'm on it. It's the only way I have now I guess!

Harmony: What's your take on Swachh Bharat Drive?

Mr. Karan: It's a great initiative. I try to do my bit. I make sure I don't litter around. It's great how awareness is being created. Gone are the days when we ourselves used to say how clean the foreign countries are and we used to forget the fact that we are the ones who make the country how it is. I hope this drive works in favour of our country and everyone takes up the responsibility to clean our nation.

Harmony: Any message you would like to give for our students of BVIMR?

Mr. Karan: I hope everyone loves my interview. I hope they will love me as much as they have done in the past. I would like to thank them for all the love and appreciation that they showered on me and that is what I work for.



“Be smart, work hard.”
Rendezvous with Ms. Mugdha Godse



Mugdha Godse is an Indian actress and model who appears in Bollywood films. A former model, Godse was a semi-finalist at the Femina Miss India 2004 competition. She made her acting debut in Madhur Bhandarkar's 2008 film, Fashion.

Harmony: What's your favourite cuisine?

Mugdha: I love Indian food. We have variety of dishes present in our country, all of them are delicious.

Harmony: Place where you last went for vacations?

Mugdha: Manali.

Harmony: How has been your journey so far?

Mugdha: It has been great, in one word ***fantastic***. I have been fortunate that I got a very warm welcome by the industry and have been offered some very good projects and my co-stars in all the films have been great to work with. Now, I have to make sure that I work hard and come up with some good performances to stay here for a longer period.

Harmony: You did well being a model. Why did you opt for being an actress?

Mugdha: I was a model for five years and was really enjoying it. At the same time I was also thinking of doing something different and meaningful. That's when FASHION happened. The success gave me the interest to work more and right now I am enjoying my stay in the film industry. I hope it's not going to change for at least a while now.

Harmony: Favourite movie?

Mugdha: Lagaan.

Harmony: Favourite director?

Mugdha: Madhur Bhandarkar.

Harmony: Favourite actor and actress?

Mugdha: Aamir Khan and Halle Berry.

Harmony: Fitness mantra?

Mugdha: Yoga.

Harmony: Favourite singer or Band?

Mugdha: Backstreet boys.

Harmony: Tips for girls who want to take up modeling as a career.

Mugdha: They have lot of platforms available like Glad rags, Miss India. They must groom well and should participate in such beauty pageants. They should be smart and then everything else will fall in place.

Harmony: Message for the youth?

Mugdha: Be smart, work hard. Make use of the various opportunities you get, follow your dreams, have ambitions in your life so that there's always something in your life to get you going.



*“Do what you love doing, it will always keep you happy”
tête – à – tête with Mr. Nikhil Chinapa*



Kalengada Bhemaiah Chinapa, better known as Nikhil Chinapa and VJ Nikhil, is an Indian radio jockey, video jockey, DJ and is a popular presenter on MTV India.

Harmony: What is your favourite cuisine?

Nikhil: I love eating. There is not any favourite, I like trying different cuisines.

Harmony: Place where you last went for vacations?

Nikhil: Maldives.

Harmony: what does EDM mean to you?

Nikhil: I love music and not just EDM. There are various forms of music and I love listening to all of them.

Harmony: What do you think a person has to possess so that he could try to become a VJ ?

Nikhil: Putting it seriously, you have to have some sort of ability to communicate. It's not being able to talk well, it's being able to go from behind the television, through it, to somebody. It's not about looking good, because, as you can see, I am not on MTV for my good looks, it is just having something that connects with people, the **'X' factor**.

Harmony: What is the difference between being a VJ and a DJ?

Nikhil: As a VJ you deliver your lines to camera and then go get a sandwich. As a DJ, you are constantly thinking, innovating and interacting. The success or the failure of the night depends on you.

Harmony: You became a DJ much later in your career, was it easy or tough?

Nikhil: As easy as falling off a plane. My girlfriend DJ Pearl (now my wife) taught me how to use the equipment. But after having spent the better part of my life on dance floors around the world, I pretty much had an idea of how to build a DJ set and what NOT to play. This is an art form that takes a lot of patience and practice. You can't substitute it with hair gel and a pretty smile.

Harmony: Who is the one person in your field that you look up to?

Nikhil: That would be my wife. If you've ever heard her play...you'll know why.

Harmony: Who would you love to watch performing live?

Nikhil: The Chemical Brothers, U2, Coldplay, Fatboy Slim and John Digweed.

Harmony: Which has been your favourite show till date which you've hosted?

Nikhil: MTV Select. It's MTV's longest running show ever.

Harmony: Tips for being a good DJ?

Nikhil: One should have the skills required for being a good DJ, good selection of songs. Apart from that a person should be nice and must be humble. In this industry a person who is nice will get recommended more and people will appreciate him.

Harmony: Message for the youth?

Nikhil: You have lots and lots of opportunities available at your disposal make the most of it and try to follow your dreams. Do what you love doing, it will always keep you happy !





*Beautiful Phoenix rising
from the ashes!*

"Woman must not accept, she must challenge. She must not be awed by that which has been built up around her, she must reverence that woman in her which struggles for expression."

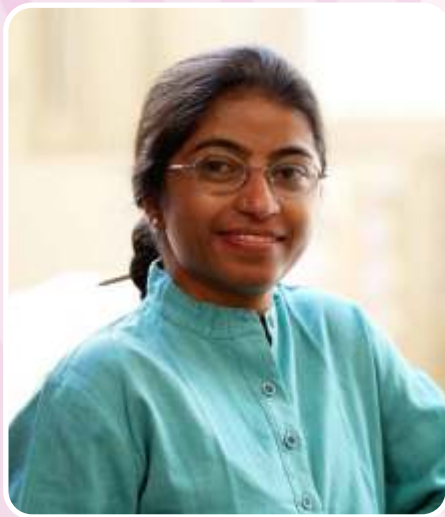
A woman is a full circle. Within her is the power to create, nurture and transform. Gone are the days when women were considered no match for all powerful men in this world. There's nothing wrong with talking about barriers for growth for women in the workplace but much of the conversation today paints the proverbial glass ceiling as if it's something women have no control over.

Problems such as child marriage, increasing violence, gender discrimination, unemployment, harassment at work place, economic exploitation, divorce and desertion etc have been continuously creating hurdles in a woman's way of reaching success. That sounds like victimhood.

These barriers and their developmental measures have boosted the morale and self-confidence of women. As a result, Indian women now feel that they too have their own individuality, personality, self-respect, talent, capacity and efficiency. Women do have control.

"She faces thick and thin and still she survives on her own"

Many women have set an example for the rest that how a lady can stand high and do something that not only strengthens her dignity but assures benefit to others.



Dr. Sunitha Krishnan, born in 1972, is an Indian social activist and chief functionary and co-founder of Prajwala, a non-governmental organization that rescues, rehabilitates and reintegrates sex-trafficked victims into society.

Sunitha was a precocious child. Her passion for social work became manifest when, at the age of 8 years, she started teaching dance to mentally retarded children and by the age of 12, she was running schools in slums for underprivileged children. At the age of 15, while working on a neo-literacy campaign for the Dalit community, Sunitha faced many hardships and harassment.

What Sunitha did is remarkable and there are many other examples that show how women strive for achieving the best position.



M. C. Mary Kom - Mangte Chungneijang Mary Kom (born 1 March 1983), is an Indian boxer. She is a five-time World Amateur Boxing champion and the only woman boxer to have won a medal in each one of the six world championships. Nicknamed "Magnificent Mary" She became the first Indian woman boxer to get a Gold Medal in the Asian Games in 2014 in Incheon, South Korea. Mary Kom named India's Most Valuable Player in Asian Games Mary Kom, is also the first Indian woman boxer to win a gold medal in Asian Games.

All the stated facts clearly show that even if the society blames her, the people oppose her, the family disown her, the devils hurt her, and she will still rise from the darkness and lighten up the lives of many others.



Mrs. Mamta Sharma

Ex Chairperson, National Commission for Women (NCW)

Shares her views on Women Empowerment...

We need to start working on this issue of women empowerment from its grass root level. Even today, after so many years of independence, rural areas are extremely weak in women empowerment. The major issue is education in the rural areas. To empower women there is also the need to provide them means to earn, small scale industries need to be put up for such women. Although self-help group have been working, but then they haven't proved to be successful all over the country.

The security and safety of women is equally important. It is the need of the hour, for every government, to have a special force for women safety. The other sex, especially the police needs to be equally responsible and sensitized towards protecting women. Apart from this there is also a need to regulate NGOs to identify the genuine from the bulk,

The main problem is that a lot of policies and schemes can be planned and created but they are not implemented. In recent times, the only policy that has been implemented is that of reservation of 33% for women in politics and what I think is that if implementation is done, there will be a huge difference in the policies and schemes by the government. Under this, even bureaucracy is answerable, and it needs to pay attention to this.

My sincere message to students is to move ahead and propagate the message that how the security of women must be taken care off, how they need to be empowered! A change will definitely come, though it might take a lot of time, but it will come!

Skilled Youngistan

By Dr. Vikas Nath



'Sonay Ki Chirhia', 'Bharatvarsh', 'Bharat', 'Hindustan' as we call our motherland India, it won't be surprising if Hindustan is rechristened as 'Skilled Youngistan'. It is a forecast that in the next 20-25 years, India will have the world's youngest and the most productive workforce. This means the workforce needs to be dynamic and this dynamism is possible by equipping our human capital with the latest technology, skills and education and most importantly, vocational programmes, so that they are employment ready. There is a huge scarcity of skilled workforce in India.

The Young Indian is good at hard skills, they have degrees, grades, percentages, marks but they lack high emotional quotient, they lack self-management skills. They have very high IQ (*Intelligence Quotient*) but very low or negligible EQ (*Emotional Quotient*) and almost nil SQ (*Spiritual Quotient*) which is the need of the hour. Whereas The Young Bharatian, who has very high IQ (*Intelligence Quotient*) and even EQ, lacks the basic communication skills in English. As a result, their natural intelligence remains hidden as they first have to learn English to be employable and their inherent intelligence that is through their native language takes the back seat and their intrinsic knowledge

and intellect capacities cannot be expressed due to language barriers.

The gap between Bharat and India will be plugged by SKILLED YOUNGISTAN. The workforce that will have the infantry and cavalry of soft skills like English communication skills, presentation skills, interpersonal and intra-personal and social skills. Short term, market driven educational programmes and initiatives are to be launched, which will be totally driven by demand, so that the employability ratio is easily calculated and inventory maintained. It will be a pool of talent suited to market requirements, whether domestic or global, through which the skilled youngistan will function. The school education will become a catalyst towards the creation of this skilled youngistan for augmentation of vocational awareness and savoir faire. There will be a flexible, adaptable and customized dynamic model in which multi-tasking and skilling with multi-level entry and exit with linkages to skill up gradation avenues exist. The system will be user friendly and dynamic. Imbibing self-employment and entrepreneurial skills will constitute an important landscape in the overall blue print of this skilled youngistan.

But only the initiatives taken by the Government and Government departments won't suffice. The onus is equally on the private sector, society at large and other stake holders who are connected with India's growth trajectory. We at various management institutions have also a dual responsibility of not only extending the required education oriented ambience to the budding managers of tomorrow but equally equipping them with so called skills that are required for them being employable both option wise and remuneration wise. We have to work in tandem with the corporate sector to remove the skill gaps and to integrate the industry related practical know-how with academia. This bridge of knowledge between industry and academia will be instrumental in plugging the skill gaps that our students have, so that they are industry ready and can contribute meaningfully to their company, family, society and country at large.

As a faculty member, mentor, researcher and an academician we have to be a catalyst to

propel the dream movement of skilled youngistan by being empathic towards Generation Next. We need to listen to their concerns and be partners in fulfilling their aspirations by being their friends, philosophers, guides, mentors, coaches and give them enough space and freedom to explore their ideas, talents, take risks, and unleash their creative bent of mind but most importantly, we need to act as their parents as well, so that they do not forget their roots of thousands and lacks of rich spiritual and cultural heritage that they have started inclining to forget with the advent of western culture but equally appreciating their positive points of working hard and smart working and success driven approach towards everything that they are learning from exposure to the western lifestyle.

In short, let us empower our students with **SKILL** i.e. *Strength, Knowledge, Intellect, Learning and Labour* and rechristen our **BVIMR** as **SKILLED YOUNGISTAN** as our contribution towards creation of **SKILLED HINDUSTAN** or **SKILLED BHARAT**.





My Year of Living without Money

~~ Mark Boyle

IS IT POSSIBLE TO LIVE WITHOUT SPENDING ANY CASH WHATSOEVER?

AFTER BECOMING DISILLUSIONED WITH CONSUMER SOCIETY, ONE MAN DECIDED TO GIVE IT A TRY

The morning I finally decided to give up using cash, the whole world changed. I suppose the seeds of my decision to give up money – not just cash but any form of monetary credit – were sown seven years ago, in my final semester of a business and economics degree in Ireland, when I stumbled upon a DVD about Gandhi. He said we should "be the change we want to see in the world". By 2007, I realized that even "ethical business" would never be quite enough. The organic food industry, while a massive stepping stone to more ecological living, was rife with some of the same environmental flaws as the conventional system it was trying to usurp: excess plastic packaging, massive food miles, big businesses buying up little ones.

I believe the key reason for so many problems in the world today is the fact we no longer have to see directly the repercussions of our actions. The degrees of separation between the consumer and the consumed have increased so much that people are completely unaware of the levels of destruction and suffering involved in the production of the food and other "stuff" we buy. The tool that has enabled this disconnection is money.

If we grew our own food, we wouldn't waste a third of it as we do today. If we made our own tables and chairs, we wouldn't throw them out the moment we changed the interior decor. If we had to clean our own drinking water, we wouldn't waste it so freely.

As long as money exists, these symptoms will surely persist. So I decided, last November, to give it up, for one year initially, and reconnect directly with the things I use and consume.

The first step in the process was to find a form of sustainable shelter. For this I turned to the amazing project Free cycle, through which I located a caravan that someone else didn't want any more. I also needed somewhere to put this new home, so I decided to volunteer three days a week at an organic farm near Bristol in return for a place to park my caravan. Had I equated this in terms of my previous salary, it would be like paying penthouse apartment rent for what was effectively a little tin box but that was the type of thinking I was now trying to get away from.

Having no means of paying bills, the next challenge was to set this home up to be off-grid. For heating I installed a wood-burner I'd converted from an old gas bottle, using a flue pipe I had salvaged from the skip. I fuelled it using wood from trees we coppiced on the farm, meaning fuel miles became fuel metres.

A local member of the Freeconomy Community (the alternative economy which I founded in 2007), then showed me how to make a "rocket stove" from a couple of old olive oil catering tins that were destined for landfill. This meant that for the next 12 months, I was going to have to cook outside. I was a touch overwhelmed by the thought of cooking in the snow, rain and northerly winds of a British winter. But, surprisingly, it has become one of the joys of my life.

While feeding the stove with broken-up old vegetable boxes, I would watch the moon rise in winter and the sun set in summer for the time it took to prepare my evening's repast. Birds in the trees around my kitchen became my new iPod, and observing wildlife taught me much more about nature than any documentary I'd seen on the television.

The one thing I did spend money on (about £360) before beginning the experiment was a solar panel to supply me with enough electricity for a light, my laptop and my phone (on which I could only receive calls). Solar isn't ideal because of the embodied energy involved, but at the start of what might be a lifelong journey, I couldn't expect everything to be perfect straightaway. And the solar panel has always provided me with light - although in winter my phone and laptop time were severely restricted (frustrating, but only because my expectations were based on having infinite energy at the touch of a button).



“If we grew our own food, we wouldn't waste a third of it as we do today. If we made our own tables and chairs, we wouldn't throw them out the moment we changed the interior decor. If we had to clean our own drinking water, we wouldn't waste it so freely.”

The last piece of my off-grid puzzle was a compost toilet. This should really be the symbol of the entire sustainably living movement, in the way the spinning wheel became a symbol of Swadeshi in India. Representing sanity and a respect for the earth, I made my alternative loo out of old pallets from a nearby hardware store. As I can no longer buy toilet roll, I relieve the local Bristol newsagents of some of the newspapers that fill their bins every day, and use them instead. It's not double-quilted but it quickly seems normal, and I even used a story about myself once . . .

I wash in a river or under a solar shower (better in the summer) and rarely use soap but if I do I go for home-grown soapwort. For toothpaste I use a mixture of cuttlefish bone, which gets washed up on the UK's shores, and wild fennel seeds.

Food was my only other real necessity: I think of there being four legs to the food-for-free "table". Growing your own, which is obviously what I've been doing here on the organic farm (my staples are potatoes, beans, kale, carrots, salads, root vegetables, squash, onions and swede), wild food foraging, which is nutritionally exceptional and beautifully gentle on the environment (I forage for berries, nettles, mushrooms, nuts and greater plantain for a hayfever remedy) and also securing waste food and other goods from local restaurants and shops. This is an incredible resource to draw on, and although its existence is, of course, dependent on industrialized society, I feel like I have an obligation to consume it before using up any more energy producing food.

The final leg of my food table is bartering – using my skills or any excess food I've produced to secure anything not met by the other three methods. This means I meet people from all walks of life doing what I do and while many claim that they couldn't – or wouldn't want to – do the same, most seem to understand where I am coming from and resolve to reduce their own consumption wherever they can. When I first said I was going to do this, my parents probably wondered what they should have done differently during my formative years but now they are right behind it, and may even contemplate joining me one day.

But what I soon realized is that, in a moneyless world, everything takes much more time. Hand washing my clothes in a sink of cold water, using laundry liquid made by boiling up some nuts on my rocket stove, can take two hours, instead of 10 minutes using a washing machine. Finding stuff in skips – such as the steamer I cook with – takes far longer than popping out to the shops for one, and sorting out the compost toilet is a lot more hassle than flushing it "away".

Cycling the 36-mile round-trip to Bristol also takes a lot more time and energy than driving or catching the bus or train but it's also an economical alternative to my old gym subscription and I find cycling much more enjoyable than using motorized vehicles.

The point is, I'd much rather have my time consumed making my own bread outdoors than kill it watching some reality TV show in a so-called "living" room. Where money once provided me with my primary sense of security, I now find it in friends and the local community. Some of my closest mates are people I only met because I had to build real relationships with others based on trust and kindness, not money.

Courtesy: The Guardian

Link: <http://www.theguardian.com/environment/2009/nov/09/mark-boyle-money>



*Beside the clouds I can clearly see
I'm not flying away, but towards a truer me
Sunshine in the dirt, life in the rain
Yesterday stores away a far off distant pain
and the rain welcomes fresh blue dreams to my heart
With the wind I can feel the deep breath of a new start
Where those times of being lost deep inside my pretty
mind.*

*Are put to rest, no more fears of staying trapped and
left behind*

*Hills of green, mountains tall, city streets paved
with cobblestone*

*I wander free, there's no place too far,
it's still the same moon to who I sing my song*

I'll go on, and on, and on

*I'll go on till time is done with me,
and the man you all fear comes to me*

to take me on further still

- i'll have wanderlust for eternity

LEAH AYLIFFE



GLIMPSE AT 2014

January saw the 60th anniversary of the first-ever colour TV broadcast, the 75th anniversary of the founding of HP (or Hewlett Packard).



1914 to 2014
2014 018
FIRST WORLD WAR
CENTENARY

It's the centenary of World War I, a defining moment in history. Expect year-round commemorations both in India and abroad in memory of the millions of civilian and military casualties

Joint winners of Nobel Peace Prize 2014

Kailash Satyarthi and Malala Yousafzai for their struggle against the suppression of children and young people and for the right of all children for education.

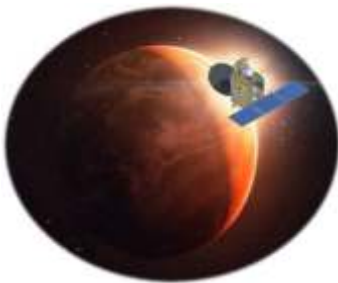


Malaysia Airlines Flight 370 was a scheduled international passenger flight that disappeared on Saturday, 8 March 2014, while flying from Kuala Lumpur International Airport Malaysia to Beijing Capital International Airport, People's Republic of China.



The NaMo wave - The three-term Gujarat Chief Minister spent all of 2013 sweet-talking important internal allies, shoving aside leadership threats and entrenching himself as the Prime Minister of India.

The Fifa World Cup kicked off in Brazil on the 12th July. Jul 13th - Germany defeats Argentina 1-0, Lionel Messi (golden ball), James Rodriguez (golden boot); Manuel Neuer (Golden gloves).



All goes well, India's Mars Orbiter goes into orbit around the Red Planet. India triumphs in maiden Mars mission, sets record in space race. The Mars Orbiter Mission, or MOM, cost \$74 million, a fraction of the \$671 million the U.S. space agency NASA spent on its newly arrived MAVEN Mars mission.

India finish 8th in medals tally in Asian Games 2014. Mary Kom named India's Most Valuable Player in Asian Games Mary Kom, is the first Indian woman boxer to win a gold medal in Asian Games.



Clash of the Khans - There is no doubt that the Khans rule Bollywood. Salman Khan and Shah Rukh Khan's years long tiff comes to an end at Arpita Khans wedding.



Life-As we know it

We generally tend to knock the doors, the one where we are not invited in, the one where our presence is valued but not for long and the let the place where we are valued the most left unattended.

We describe it as a tedious, unwanted, monotonous thing. But like our planets our life also tends to witness many seasons. Some are the reasons for our droughts and some come down as the snowflake to gently touch our skin and melt in the second.

With the incoming of every person/season, we discover a new meaning of life, a new perspective- to enjoy, to cry, to cherish, to perish.

Every season tends to bring new flavours in people as well. Some hold our hands during the days of light but let go when it gets dark and then there are some, the rare ones, that not only hold but do so more tightly on the days when we know that standing still could be the toughest thing.

It is said, "if we see everything clearly, everything and everyone becomes our teacher."

To often our time is spent thinking or processing our day, words said and words heard. It is true that life its in moments is lived once but most of our time is spent recreating those moments again and again, eventually becoming an inseparable part of our sole.

So life as we know it, is an unbearable, stupid, out of control yet beautiful and cherishing in its own ways. It gives a reason to cry and then to wipe the tears off someone else's eyes. No matter how dramatic it might be "IT's MINE- its my rays of sunshine, its my strike of lightning, for better or for worse, its mine and will always be, how it turns out to be depends on me.



-Muskan Aggarwal

BBA IV-B



Love thy dreams!

Why are some people successful while others are not? The difference lies in the fact that some people pursue their dreams with relentless determination while others give up before they ever get started. People who succeed get out of their own way and people who fail let self-limiting beliefs, challenges and setbacks get in their way. Failures do not make them doubt their capabilities. They just get creative and find alternative ways to continue towards their goals. Here are a few who did exactly that and went on to be great success stories.



COLONEL SANDERS- It's never too late!

The gentleman in the logo of "finger licking' good" chicken, KFC, wearing the bow and a chin strip, is him. This might be a little hard to digest but before Harland Sanders became a world-famous Colonel, he was a sixth-grade dropout, an aspiring lawyer, an insurance salesman, a ferryboat entrepreneur, a (unsuccessful) political candidate, a gas station operator, a motel operator and finally, a restaurateur. Though his real journey began when he was 65-years-old! When he was asked to close down his popular restaurant on the highway and was handed a mere \$105 Social Security Cheque, the old man in all his fury travelled all around in the US in an attempt to sell the franchises of his famous chicken. Less than 10 years later, Sanders had more than 600 KFC franchises in the U.S. and Canada, and later sold his interest for \$2 million to a group of investors.

"There is no reason to be the richest man in the cemetery. You cannot do any business from there."

MICHEAL JORDAN- Success requires persistence!

Idol of many, Michael Jordan, has had one of the most illustrious careers any sports person could wish for. Maybe the greatest NBA player of all time, 6 championship rings, 5 NBA MVPs and 6 finals MVPs are just a few achievements in his highly celebrated basketball career. As shocking as it is, he was not selected for his college basketball team but he was one to embrace setback and failure as motivation and he used the rejection as fuel and trained intensely. His work paid off. Next year he made the team and in his senior year, he made the All-American High School Team. The rest is history!

"I have missed more than 9000 shots in my career. I have lost almost 300 games. 26 times, I have been trusted to take the game winning shot and missed. I have failed over and over and over again in my life. And that is why I succeed."





WALT DISNEY - Never lose heart!

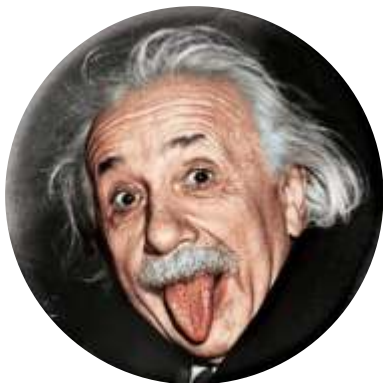
The creator of the ever so loved, Mickey Mouse & gang, he was once fired by a newspaper editor who accused him to be lazy and lacking imagination and creative ideas! At the age of 22, he went bankrupt after the brutal failure of a cartoon series in Kansas City but setting criticism and failures aside, he never gave up trying or stepping forward. Disney became one of the best known motion picture producers in the world. The Walt Disney Corporation today has annual revenues of over 35 billion dollars. He received 59 Academy award nominations, 22 of which he won, and won 26 Oscars. And not to forget the many Disneylands!

“All the adversity I have had in my life, all my troubles and obstacles, have strengthened me... You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you.”

SYLVESTER STALLONE - Learn your worth & things of value!

There is an interesting and heart-warming story behind conception of 'Rocky'. It so happened that Stallone had to sell his dog for \$50 in order to survive which broke his heart, and also his wife had left him. After watching an Ali and Weppner fight he came up with story of Rocky and spent 24 straight hours writing it. Stallone was denied more than 2,000 times when attempting to sell the rights to Rocky. He was finally offered \$100,000 for the screenplay as long as he would not play the part of Rocky, he refused the offer. He was broken and nearly homeless in a New York Winter when he settled for \$25,000 and the main role as the Italian Stallion. He took the money, waited in front of the bar where he had sold his dog, for three days. He eventually bought the dog back for \$15,000.

"I believe there is an inner power that makes winners and losers. And the winners are the ones who really listen to the truth of their hearts."



ALBERT EINSTEIN- Geniuses have their own pace!

His parents and teachers where worried as he was mentally challenged because he did not speak until he was 4 and didn't read until the age of 7. Einstein was described as “Mentally slow, unsociable, and adrift in foolish dreams.” It was said “He won't go very far in life.” He is now known as the father of theoretical physics, and is considered to be one of the most influential people in history.

"Weakness of attitude becomes weakness of character."

CLOSING COMMENTS

Life is hard enough. Do not make it harder by building your own walls from the inside and getting in your own way. There are plenty of walls to climb and knock down without you making more. Get out of your own way. If you have a dream, pursue it. If you have a goal, work a little every day to achieve it. And remember all the failures are only making your success sweeter!

'MALCOLM GLADWELL'

Gladwell is the only one amongst a great many writers at the present time who promote this inflated or misplaced faith in science. From those who assure us that the world is becoming ever more peaceful to those who look to grand theories of psychology for solutions to Washington gridlock, the idea that scientific method can be a guide to the puzzled is one of the delusions of the age. Many human conflicts, even ones that are properly understood, do not fall into the category of soluble problems. No new discoveries in sociology or psychology can enable such conflicts to be wholly overcome, deeply rooted in history, they can only be coped with more or less resolutely and intelligently. Acknowledging this humbling truth is the beginning of wisdom, and of the long haul to something like peace.




"The Tipping Point" argues that small actions can spark "social epidemics", something that has been given a positive place in his writing and "Blink" a paean to intuitive thinking, makes a case for thin slicing i.e cutting down our information intake so we can tune out the static and make fast and sound decisions. Gladwell seems to be considering to provide a message to his viewers that in a culture with too much information and not enough time (like our own), he offers organizing structures for people's lives.

He describes himself as a storyteller but for him the story is never enough it must be supported and thereby legitimated by prestigious academic studies and numerous references.

"I do not believe in character. I believe in the effect of the immediate impact of environment and situation on people's behavior", Malcolm puts it, Thus he concludes "The Tipping Point" with the hopeful assertion that "what must underlie successful epidemics, in the end, is a bedrock belief that change is possible, that people can radically transform their behavior or beliefs in the face of the right kind of stimulus." In "Blink", Gladwell argues that we pay too much attention to "grand themes" and too little to "fleeting moments". Making sense of ourselves and our behavior requires that we acknowledge there can be as much value in the blink of an eye as in months of rational analysis".

Although seems to be descriptive but Gladwell's books are essentially prescriptive. Gladwell's dazzling arguments ultimately offer reassurance. He simplifies the arena for using complexities of today's world for better profitability even without to actually understand them.

Speaking to a time that prides itself on optimism and secretly suspects that nothing works, his books are analgesics for those who seek temporary relief from abiding anxiety. There is more of reality and wisdom in a Chinese fortune cookie than can be found anywhere in Gladwell's pages. But then, it is not reality or wisdom that his readers are looking for.

A black and white portrait of Malcolm Gladwell, showing him from the chest up. He has dark, curly hair and is wearing a dark suit jacket, a white shirt, and a dark tie. He is looking directly at the camera with a neutral expression.

"Truly successful decision-making relies on a balance between deliberate and instinctive thinking."

-Malcolm Gladwell



Learning from the real life Heroes

We want to become top managers, stay motivated, build great teams and for that we should look upto our army. Soldiers are the people who are ready to give up everything that they have just keep their country and people safe. They are the best people to learn from about management. These handful learning's would serve those who want to lead more successful creative talent, teams and organizations.

- *Teamwork is your top priority: "Alone we can do so little, together we can do so much." --Helen Keller. A mission cannot be successfully executed unless the team is functioning as one. The army's regular emphasis on teamwork relates closely with the daily requirements of the business world. Teamwork involves different people and different groups across your business working together to reach a common goal just like the soldiers who stick together even in the most adverse conditions.*
- *Early leaders are good leaders: The expectation that military leaders need, through their integrity and actions, to serve as role models to their subordinates is fundamental. Particularly in creative organizations where successful creatives have been promoted into leadership positions, such role modeling can be extremely inspiring and powerful. This opportunity is unparalleled in the corporate world, where an employee may need 10 to 15 years to reach a position of significant leadership and high level of responsibility.*
- *Decision-making: As a basis for fostering collaboration and creative excellence, leaders should be deliberate about making value-based and well-communicated decisions. In the world of business, the ethical leader is sometimes a rarity, and truly esteemed. In military the decisions made are for the well being of the nation. Ethical leaders should be unbiased while taking business decisions.*
- *Managing and processing information systematically: Precisely communicating the intent of a mission in the military is extremely important. With so much data and information readily available, there is an imperative to be deliberate and systematic about deciding how to manage conflicting and often overlapping information.*

- *Hard times help you adapt quickly:* Young executives who go through hard times should learn to appreciate them, recognizing that those times will not only strengthen them but truly train them too properly and successfully lead their own teams when battling the competition. The military trains its team to be more comfortable taking risks with incomplete information. This is the daily function of a CEO but it is rarely passed down to employees. Staying calm is what helps in hard times.
- *Survival:* Survival is a talent. It is not about who's the strongest or fastest, but who can best adapt to the changes. Soldiers are masters of adaptation, being able to operate in jungle, desert or arctic conditions. In comparison, CEOs and managers must adapt to the ever-changing market conditions they face daily and should train their staff to do the same. Those who can best manage change will survive in the long run.
- *Appreciating Generalists:* The diversity of perspectives brought by generalists in mixing with specialists can spur creativity. More fundamentally, awareness of core values and priorities remains a touchstone for effective leaders. Effective leaders are generalists who hire outstanding specialists. Nobody can be an expert in everything but you need to learn just enough of everything to manage your team and step in if needed.
- *Give people a purpose:* Giving employees a task is easy. Giving them a purpose is harder but much more important. Your employees need to understand the why much more than the what. In the Army, mission orders consist of both a task and purpose. Emphasis is put on the purpose through the "commander's intent" statement. Giving soldiers a purpose enables them to be flexible and adjust to changing conditions on the battlefield, while still accomplishing the overall intent of their mission.

*Soldier I m born , soldier I'll die ,
2 stars on my shoulder are better than millions in the sky ,
If I die in the battle zone , box me up and send me home ,
Tell my momma did my best , pin the medals to my chest ,
Tell everyone not to cry , coz I m a soldier ...And soldier I'll
die....*



Click & Learn

- **makezine.com** – Brings the do-it-yourself (DIY) mindset to all of the technology in your life. MAKE is loaded with cool DIY projects that help you make the most of the technology you already own.
- **marcandangel.com** – While not totally comprehensive, here is a list of 50 things everyone should know how to do. It's a great starting point to learn new skills.
- **wikihow.com** – A user based collaboration to build and share the world's largest, highest quality how-to manual.
- **lifehacker.com** – An award-winning daily blog that features tips, shortcuts and downloads that help you get things done smarter and more efficiently.
- **popularmechanics.com** – Another compilation article with instructions to help you learn new skills. This one says it is geared for men but I think most of these skills are applicable to women as well.
- **5min.com** – Lot's of great tutorials and DIY videos.
- **howstuffworks.com** – Knowledge is power. While this site is not exactly geared to help you learn new skills, it contains so much useful information that you are bound to learn a skill or two while you browse.
- **stumbleupon.com** – A collective set of recommendations from thousands of hours of searching by web users who share your interests. It is basically a recommendation engine. Users add to this engine by providing their personal recommendations on what sites are worth your time. If you select topics and tags of interest like 'Self-Improvement' and 'DIY,' you'll be learning new skills in no time.
- **work.com** – An extensive directory of how-to guides for beginning entrepreneurs.
- **videojug.com** - The video content on this site covers a variety of topics including informative 'How To' and 'Ask The Expert' films that guide you step-by-step through everything and anything in life.

Click & Learn

- **makeuseof.com** – A booming daily blog that features cool websites, computer tips and downloads that make you more productive. Lot's of insightful tips and tricks to learn.
- **zenhabits.net** – The ultimate productivity and self-improvement blog. Zen Habits is about finding simplicity in the daily chaos of our lives. It is about clearing the clutter so we can focus on what's important, create something amazing and find happiness. Lots of learning material here.
- **academicearth.org** – Online degrees and video courses from leading universities.
- **video.about.com** – Another solid collection of how-to video tutorials.
- **pcworld.com** – Lots of useful tutorials and guides related to fixing and modifying computers and other electronic gadgets.
- **spreeder.com** – This site is focused on teaching you one new skill: speed reading. And it does a great job of doing so.
- **diynetwork.com** – A go-to destination for rip-up, knock-out home improvement projects. The site offers expert answers the most sought-after questions regarding creative projects for DIY enthusiasts.
- **Nature.com/scitable** – A free science library and personal learning tool that currently concentrates on genetics, the study of evolution, variation, and the rich complexity of living organisms. The site also expects to expand into other topics of learning and education.
- **dumblittleman.com** – Another awesome productivity and self-improvement blog hosting lots of useful information.
- **American Sign Language Browser** – Teach yourself sign language online.



Surprise !



COIN DÉTENTE

As-tu lu C'EST FACILE ?
Alors joue avec nous !

Qu'est-ce que c'est ?



Observe les objets et complète les phrases.

- ① Le _____ est bleu.
- ② Le _____ est rouge.
- ③ Le _____ est vert.
- ④ La _____ est jaune.
- ⑤ La _____ est orange.

Colorie !



Complète les couleurs, utilise le code pour colorier la trousse.

- 1 = V _ _ T
- 2 = R _ _ G _
- 3 = O _ _ _ E
- 4 = J _ _ _ E
- 5 = B _ _ _

Les solutions sont à la page 23.

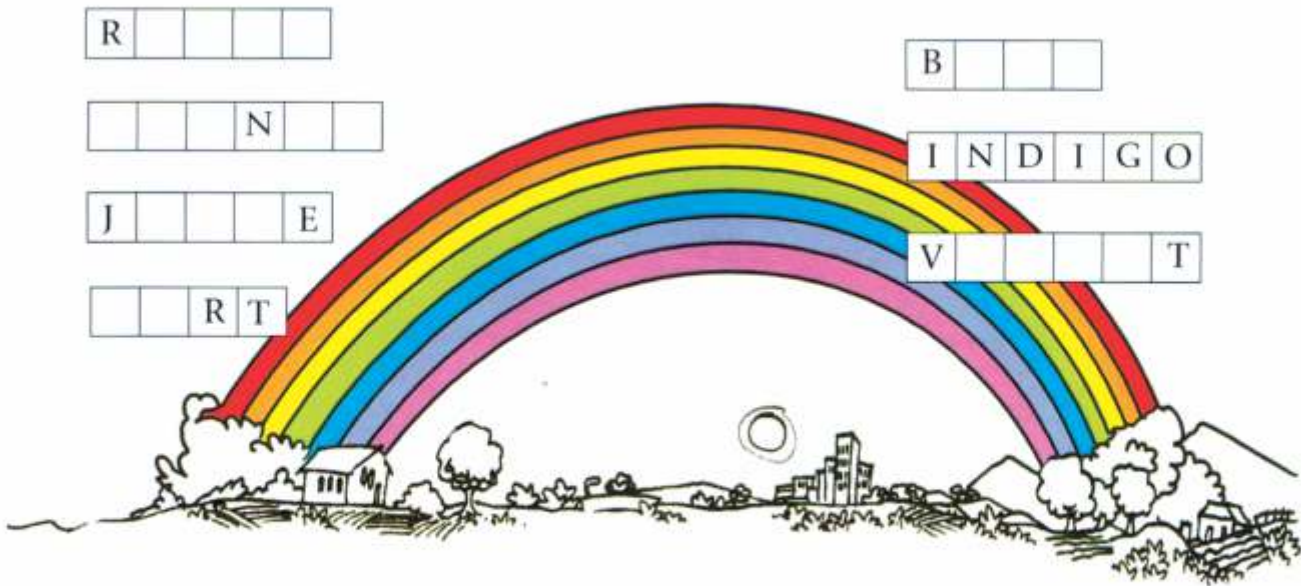


Cherche et trouve !

Cherche 18 mots dans la grille.

J	Z	C	Y	I	G	O	M	M	E	L	A	C	B
A	J	A	U	N	E	S	P	D	J	I	E	J	L
S	O	H	U	S	E	A	R	O	U	G	E	T	E
T	A	I	L	L	E	C	R	A	Y	O	N	K	U
Y	P	E	L	B	I	A	G	C	R	A	Y	O	N
L	E	R	A	U	P	D	B	V	R	F	O	R	H
O	I	V	E	R	T	O	S	A	E	X	S	A	A
T	N	B	S	E	N	S	E	I	G	N	A	N	T
P	T	U	G	A	E	Z	J	U	L	V	Z	G	E
Y	U	F	L	U	D	C	O	T	E	L	G	E	D
T	R	O	U	S	S	E	S	E	C	O	L	E	B
C	E	E	D	Y	A	I	L	I	V	R	E	U	P

Indique les couleurs de l'arc-en-ciel dans les cases ci-dessous.



Quelles sont les couleurs de ces drapeaux ?



Le drapeau français est _____.



Le drapeau italien est _____.



Le drapeau anglais a le fond _____ et une croix _____ et _____.



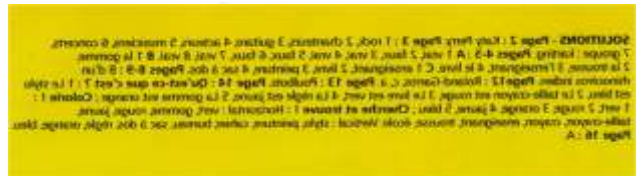
Le drapeau allemand est _____.



Le drapeau espagnol a des bandes _____ et une bande _____.



Le drapeau suisse est _____ avec une croix _____.



Chinese

 <p>王子 prince</p>	 <p>休 to rest</p>	 <p>从 to follow</p>	 <p>吵 argument</p>	 <p>吠 to bark</p>	 <p>家人 family member</p>	 <p>众 crowd</p>	 <p>火山 volcano</p>	 <p>旦 sunrise</p>
 <p>大 big</p>	 <p>晶 sparkles</p>	 <p>子 son</p>	 <p>房 roof</p>	 <p>水 water</p>	 <p>山 mountain</p>	 <p>木 tree</p>	 <p>太太 wife</p>	 <p>家 home</p>
 <p>姦 adultery</p>	 <p>犬 dog</p>	 <p>豕 pig</p>	 <p>人 person</p>	 <p>Chineasy</p>	 <p>火 fire</p>	 <p>门 door</p>	 <p>女王 queen</p>	 <p>明 tomorrow</p>
 <p>闪 dodge</p>	 <p>林 woods</p>	 <p>牛 cow</p>	 <p>王 king</p>	 <p>口 mouth</p>	 <p>女 woman</p>	 <p>日 sun</p>	 <p>牢 prison</p>	 <p>太多 too much</p>
 <p>好 good</p>	 <p>大众 big crowd</p>	 <p>月 moon</p>	 <p>问 to ask</p>	 <p>水门 dam</p>	 <p>安 peaceful</p>	 <p>人人 everyone</p>	 <p>森林 forest</p>	 <p>火大 angry</p>

GUESS THE JARGON!!!

1. Bitte schön.
2. Kein problem.
3. Entschuldigung!
4. Ich spreche Englisch
5. Ich brauche Hilfe



6. Répétez, s'il vous plaît
7. Je rentre
8. Où allez-vous?
9. Avec plaisir
10. Pouvez-vous répéter?



11. ¿Cómo está usted?
12. Estoy bien.
13. Mucho gusto.
14. Adiós.
15. ¿Qué hora es?



16. 慢慢吃！
17. 我聽不懂 [我听不懂]
18. 快點好啦 [快点好啦]
19. 生日快樂
20. 我 你



1. No problem.
2. Excuse me; sorry
3. I speak English
4. I need some help
5. Please repeat
6. I'm going home
7. Where are you going?
8. With pleasure
9. Can you repeat that?
10. How are you?
11. I am fine.
12. Nice to meet you.
13. Goodbye.
14. What time is it?
15. Bon appétit
16. I don't understand
17. Get well soon.
18. Happy Birthday
19. I love you

Answer key:-



Mark Zuckerberg

✓ Subscribed

Message



- Founder and CEO at Facebook
- Studied Computer Science at Harvard University
- Lives in Palo Alto, California
- Knows English, Mandarin Chinese

About



Friends



Photos



Map



Subscribers

7



Mark Zuckerberg

February 1

"Move fast and break things. Unless you are breaking stuff, you are not moving fast enough" wise words from Mark Zuckerberg, the founder and CEO of facebook, one of the most prominent social networking sites whose latest acquisition has made the world go in complete awe .

He believes time plays a crucial role in everyone's life and so it played a crucial role in his life too..

- Started Facebook at the age of 19
- World's youngest billionaire
- Dropped out from Harvard to create facebook
- Is red green colour blind and the best colour he can see is blue (reason it's the most dominating colour of facebook)
- Believes in utilizing his time and thus doesn't own a TV

Did you know that if mark had not dropped out of college and followed his dream at that young age he would not have become as successful as he is right now .

To do so he managed his time very well and by doing that we all can achieve our dreams too .

Did you know that today's Facebook users change their profile pictures 3 times as often as they did in 2006. Which means that if a person changed their profile picture once a day they would now do that thrice a day?



Here are a few tips to manage time :-

1. Make a schedule and follow it .
2. Plan to spend at least 50 percent of your time engaged in the thoughts, activities and conversations that produce most of your results.
3. Put up a "Do not disturb" sign when you absolutely have to get work done.
4. Remember that it's impossible to get everything done. Also remember that odds are good that 20 percent of your thoughts, conversations and activities produce 80 percent of your results.

25 Life Truths You Must Know Before You Turn 25

You will have your heart broken a couple of times.

Kindness is not overrated. It can never be.

You will not always find like-minded people and you will have to work for people with contrasting viewpoints

Following your dreams is not selfish.

Nobody has the time to keep a count of your mistakes. So, chill.

You will lose old friends and make new ones and it will all be okay.

Time heals everything. No, really

Everybody's life is difficult. You're not the only one.

Your work or job doesn't determine your worth.

There is always enough time to exercise.

Even the smallest savings make a difference in the long run.

You might not even end up with your first true love. But it is okay, for you will realize that love is much more than romance.

Everybody needs help at one point or the other, and it is okay to ask for it.



You will never have enough. You will always want more.

Confidence will take you places.

Being well-dressed is important. Your clothes don't make you a better person, but they definitely add to your personality.

Respect is harder to earn than money.

Nobody is going to transform you into a better, more successful person. You need to do it yourself.

Money can't buy happiness. Contentment, most definitely not.

Most things you worry about right now won't even matter eventually.

This is the time when you will have your most amazing travel memories.

It is never too late to quit your job and do what you love.

You will soon realize your parents were right about most things in life.

Sometimes, people just fall out of love. And more often than that, they fall in love with the wrong people.

There is no 'right' time to do anything. It is when you decide it is.



Did you know

#Amazon



You may have thought the arrow looks like a smiley face, meaning Amazon's main mission is to make their customers happy but notice the arrow is pointing from the A to the Z. This represents the fact that Amazon has a large variety of items for sale, from A to Z.

#FedEx



This logo is so creative. If you look closely you will see the arrow between the letters 'E' and 'X', which represents the company's forward thinking ways and outlook towards the future.

#Volkswagen



The 'V' stands for "volks" which means people in German and the 'W' stands for "wagen" which means car. It's the car for the people.

#IBM



IBM's logo has a hidden message for the whole world. The white lines passing through give the appearance of the equal sign in the lower right corner, representing equality.

#APPLE



The Apple logo represents the forbidden fruit from the "Tree of Knowledge" in the Biblical creation story of Adam and Eve.

Fun with LOGO'S



Badi **SONY** lag rahi hai...



You are a Bad Girl! I am a **Google**



SIGN YOUR PERSONA



Signature is the identity of a person and depicts name, surname, nickname or combination of them. It can be used as any identity or proof written by oneself. It is not only set of letters but unique way to represent you.

An individual's signature can tell what one wants to show to the world and the content, Size, Slant, Writing style, Speed, embellishment, etc of signature may express personality.

Let's see some tricks that reveal the person from signature:

Size of Signature

If the size of signature is larger than the rest of handwriting, it is the indication of self confidence and higher self esteem and indication of "Notice Me" and if the size of signature is smaller it indicates lack of self confidence and expecting a little esteem from other people. Signature of same size is the indication of balance and the behavior is same in private as well as in public.

Pressure

Writing a signature with pressure means a person seems to be full of energy and successful while writing a signature with light pressure means that person might avoid situation which needs more energy than he/she might have.

Slant

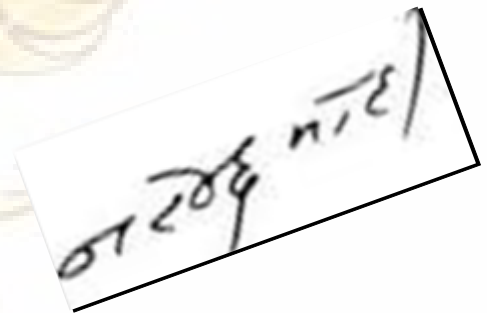
Slant on right side tells that person is emotional attached to the situations and having caring nature and slant on left side tells that the person hides his/her feelings and absence of slant in signature reveals that person has control over emotions and feelings.

Place of Signature: Signature, in the middle reveals importance and attention. Signature in the left reveals a pose or want uniqueness and signature in right reveals natural and forward looking.

Content: Generally a signature which consists of first & last name or the first name then middle initial & last name. So people who write their first name in capital letter and larger than the last name indicates that the person likes to be known from his/her name rather than to be known from family background.

SIGNATURE TEST OF FAMOUS PERSONALITIES

Shri Narendra Modi's Gujarati and English signatures suggest that he is brave, alert, intelligent, smart, optimistic and independent. His quick decision making ability, analytical skills and leadership qualities make him a successful Prime Minister.



"Sachin Tendulkar possesses healthy self confidence in his personality.

Sachin does not fear failure and is very sure of his abilities. The retraced "d" stem implies pride and dignity. The "t" bar above stem shows that he is a dreamer and visionary. The natural "v" framework shows that he is an analytical thinker. Sachin is optimistic by nature. The positive thinking attitude helps him believe that tomorrow will be better day and look at the brighter side of life.



Remembering Our Loved Ones...



2014 was an year of air tragedies and missing planes. In March, Flight 370, carrying 239 passengers and crew, vanished during a routine flight from Kuala Lumpur to Beijing. A continued air and sea search has so far failed to turn up any sign of the missing aircraft. In July, another Malaysian Airlines plane, Flight 17, carrying 298 people, was shot down over eastern Ukraine, killing all on board. Later in December, an AirAsia flight crashed in bad weather, killing all 162 people.



In December 2014, a series of attacks by militants resulted in deaths of more than 75 in Assam over communal rift. The attacks took place in Chirang, Sonitpur and Kokrajhar districts. They have been attributed to the Songbijit faction of National Democratic Front of Bodoland — NDFB(S).



In probably the most inhuman act in history, over a hundred children were gunned down in a terrorist attack in Peshawar. On 16 December 2014, 9 members of the Tehrik-i-Taliban Pakistan (TTP) open fired on school staff and children of Army Public School, Peshawar, killing 145, including 132 schoolchildren, aged 8-18.



In April 2014, for a reason as simple as wanting to study, 276 female students were kidnapped from the Government Secondary School in the town of Chibok in Borno State, Nigeria, by Boko Haram, a terrorist organization based in northeast Nigeria. Though battered and abused, after a six month struggle, the government was able to rescue 219 girls.

Inhuman Act
Kids are life, joy & peace
SD killing kills not lives
but all get it M Gandhi

It was not killing of innocent
Kids but of entire human-kind
A Shameful Act! RIP the poor
Souls!! Raj

U educate a girl
U educate a whole
Family

May the little souls Rest in peace.
↳ the evil ones live here worst than
hell. Supriya

In Peshawar, we all saw
Ugly face of Terrorism. That's
why Plz give moral education
to all children and see right path
to all yourselves. Dr. Arif

AN INJURY TO 1
IS INJURY TO ALL

PEACE NOW
Anti-Terrorism
THAT WORKS...
TEAR BLOOD
Sweat & Pain

Deepest
Condolences!
Save the little
from Cruelty...
World is one...
Amjad

Rest in peace the
innocent souls. V all
will always be remembered
Arshad

This very attack is
to human as a whole.
Let's unite and
fight for humanity
May god give
peace to all.
Ulf

No Act can be more cruel
than Peshawar Attack
The Attack should be
hanged on a spike.
Arif

Together We
Can End
Terrorism!
Arif

Sustain
Children in a
To sustain our
FUTURE...!!!
Shabbir

It was against
the humanity against
ethics Miserable.

Children are our
future, avoid &
Eliminate Terrorism
and save future!!!

STOP VIOLENCE
SPREAD HARMONY.
N.Jain

Be inspired
from Ms. Malala &
Can make a difference.
KIDS ARE GIFT
OF "GOD" Arif
"STOP BRUTALITY"
Arif

Eliminate terrorism
from this world
for sake

I CHOOSE
I CHOOSE HARMONY
I CHOOSE LOVE
WE CHOOSE JOY
WE CHOOSE PEACE
WE CHOOSE LOVE
WE CHOOSE HARMONY

BHAVIKA
Arif

Let the death of those
kids be a message to
the world... that reverse
terrorism spread only
sorrow. Let us unite
and fight against
Terrorism

Program
All the Part!
Educate kids
with open mind,
that they don't
become terrorists
and
love

**LISTEN CLOSELY,
YOUR DREAMS
HAVE SOMETHING
TO SAY!**

ANIMALS

Animals may represent one's parents and their relationship to a parent in particular. Domestic animals usually denote good fortune whilst wild animals symbolize trouble, fears or even misfortune. Have you ever woken up from a dream with a sudden burst of inspiration or with a solution to a challenge you had been facing or sweating of some fear? Now, how would you like the idea if we say that your dreams might be trying to communicate something to you? Yes, it's true! Dreams can include important narratives for the dreamer about unresolved issues in the past, present and future. Dreams arise from your subconscious mind, they originate from within you and are an outpouring of whatever is inside of you. Dreams carry rich symbolism and deep meaning. Dreams provide you with intimate access to the deepest parts of your being. If that sounds scary, never fear - that is why dream symbols are coded – so that you don't get overwhelmed with knowledge you're not ready for. But here is an attempt to decode some of the most common recurring dream. Some might just surprise you!



WATER

Water represents the unconscious self. Calm water is usually a sign of fortune, rough waters alert you to reconsider your actions. If you dream of deep water it might indicate that you are afraid of emotional involvement in a relationship. If you see your reflection in water your subconscious may be trying to draw your attention to an aspect of yourself. Waterfalls in a dream indicate energizing, healthy release of emotions and healing.

FLYING



Flying indicates a need for freedom or search for love, fortune or a place in life and generally symbolizes your strong mind and will. Flying in dreams is usually a good omen of overcoming obstacles and finding happiness. If you are flying with ease and enjoying the landscape below, then it suggests that you are on top of a situation. Difficulties in flight might indicate lack of control. If you feel fear when you are flying it suggests that you are afraid of challenges and success.



TEETH FALLING OUT

This dream actually has nothing to do with your oral hygiene at all. When your teeth fall out in a dream, it usually means that in waking life, you have allowed something out of your mouth that should have remained in there permanently.

If this is a common dream for you, you need to ask yourself what you have recently let slip out of your mouth that you should not have. Did you not tell the truth about something or someone? Did you divulge too much information? Did you say something to someone that you later realized was hurtful?



TRAPPED

Have you ever had a dream that you are locked in a room, trapped in a mine or buried alive in a box? If so, then there is some aspect of your waking life that makes you feel trapped or claustrophobic. Did you make the wrong career choice? Is there a mountain of debt on top of you, stifling the lifestyle that you thought you would have?



HOUSE

Different rooms within a house represent your varying emotions, ideas and complexes. Going upstairs symbolizes conscious thinking while the basement represents the unconscious mind. A new house represents financial security while an old house is a sign of a reunion or renewal of an old association. Building a house or seeing one under construction forecasts unexpected gain. Seeing a house being demolished indicates grief over a sudden loss.



BLOOD

Blood symbolizes life, while in women it can also represent creativity. When red, blood symbolizes passion or violence. If you dream of losing blood you may be feeling exhausted. If you dream of causing someone to bleed, you may feel the desire to reduce their power.



FALLING

Dreaming of falling may represent the fear of letting go of something or someone or the loss of control in a situation.

OH MY GOD



Queen Elizabeth I regarded herself as a paragon of cleanliness. She declared that she bathed once every three months, whether she needed it or not.



People say "Bless you" when you sneeze because when you sneeze, your heart stops for a milli-second. It is impossible to sneeze with your eyes open



The word "queue" is the only word in the English language that is still pronounced the same way when the last four letters are removed. "Almost" is the longest word in the English language with all the letters in alphabetical order. "Rhythm" is the longest English word without a vowel.



There is a city called Rome on every continent.



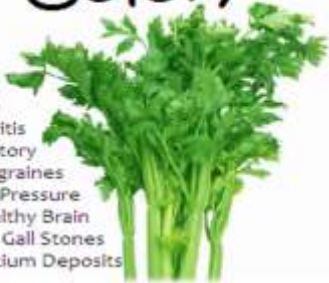
Months that begin on a Sunday will always have a "Friday the 13th."



If you have three quarters, four dimes, and four pennies, you have \$1.19. You also have the largest amount of money in coins without being able to make change for a dollar.

10 Health Benefits of... Celery

1. Anti-Cancer
2. Calms Nerves
3. Aids Digestion
4. Relieves Arthritis
5. Anti-Inflammatory
6. Assist with Migraines
7. Lowers Blood Pressure
8. Maintains Healthy Brain
9. Rids Kidney & Gall Stones
10. Prevents Calcium Deposits



Celery has negative calories! It takes more calories to eat a piece of celery than the celery has in it to begin with.

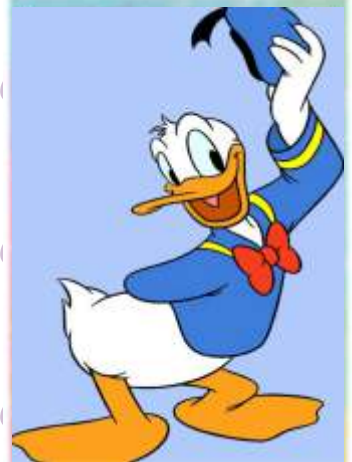


Leonardo da Vinci could write with one hand and draw with the other at the same time.



More than 50% of the people in the world have never made or received a telephone call.

Donald Duck comics were banned from Finland because he doesn't wear any pants.



Spot the Difference



TIK - TOK

- A blind beggar had a brother who died. What relation was the blind beggar to the brother who died?

"Brother" is not the answer.

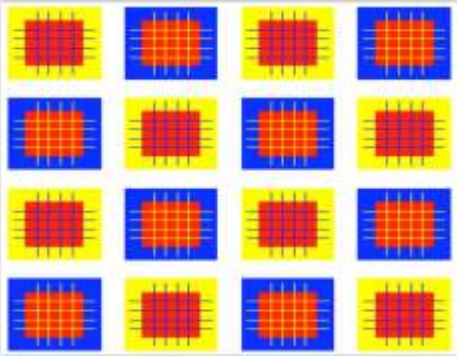
7	4	8
3	9	7
6	5	10
?	8	4

Find the missing number "?"

Quick! Count the number of times that the letter F appears in the following sentence:-

"Finished files are the result of years of scientific study combined with the experience of years."

Test your Brain with these Visual Illusions



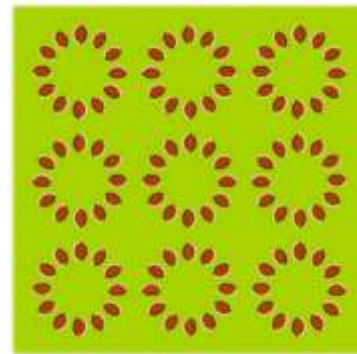
Are the squares inside the blue and yellow squares all the same colour?



Do you see gray dots at the intersections of the white lines?



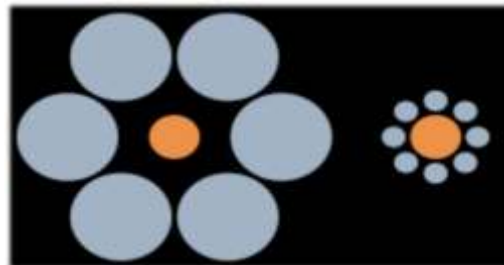
Can you put the fish in the fishbowl? Stare at the yellow stripe in the middle of the fish in the picture below for about 10–20 sec. Then move your gaze to the fish bowl.



Are the circles static or moving?

red white green brown
green red brown white
white brown green red
red white green brown
brown green white red
white brown red green
green white brown red
red brown green white

Quick! Say aloud what colour you see in every word, NOT the word you read.



Are the two orange circles of the same size?

TIK – TOK 1. The blind beggar was the sister of her brother, who died. 2. The answer is 3 And 3. The answer is 6









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